

Amendments to the Abstract:

Please amend the abstract as follows:

~~The invention concerns a padding for protective helmet (1), characterized in that it is a supplementary Supplementary padding (8), consisting of an for a protective helmet (1) includes a T-shaped envelope (9) designed to be removably affixed inside the helmet[[],]. said The envelope being is made of a flexible material and defines pockets for receiving supplemental comprising at least one complementary padding elements (10a, 10b, 10c, 10d), optionally made of synthetic foam[[],]. while the The envelope comprises includes at least one opening for inserting the complementary supplemental padding elements into said envelope and a self-gripping textile (21a, 21b, 21c, 21d) for releasably adhering the envelope to lining (7) of the helmet.~~